

How You Can Help

Refer a friend or family member
who may be a victim of abuse.

(316) 263-6000
or toll free at
(866) 899-5522

Volunteer your time at the shelter:

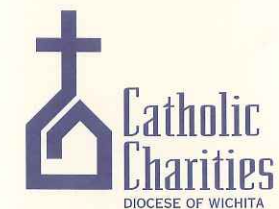
- Answer phones/clerical duties
- Run errands
- Accompany clients to court or appointments (training is provided)
- Assist with meal preparation
- Provide transportation
- Help with childcare while mothers receive counseling
- Help with field trips and other childrens' activities
- Teach a skill important to independence

For more information about volunteer opportunities, please call Catholic Charities' volunteer coordinator at (316) 264-8344, ext. 261.

Donate to the shelter:

- Food
- Personal hygiene items
- Cleaning supplies
- Monetary support
- Tickets for children's activities
- Office supplies

For more information about seasonal or special donation opportunities, please call Catholic Charities' development coordinator at (316) 264-8344, ext. 221.



For more information about how Catholic Charities Harbor House can help you or someone you know break the cycle of violence or to learn more about domestic violence, please call:

(316) 263-6000
(24-hour hotline)
or
(866) 899-5522
(toll free)

Catholic Charities Harbor House
P.O. Box 3759
Wichita, Kansas 67201
(316) 263-8347 (Fax)
www.catholiccharitieswichita.org



Mission

To demonstrate the Gospel values of love and justice through service, education, advocacy and collaboration.

This agency serves persons of every faith, personal belief, race, age, nationality and ability. It is an equal opportunity employer.

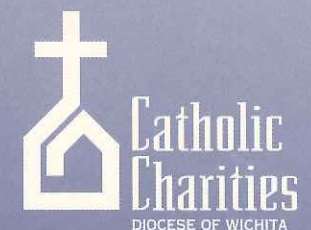
Catholic Charities Harbor House



Offering a safe, confidential shelter and support services for women and their children.

(316) 263-6000
or toll free at (866) 899-5522

Domestic Violence



Serving all people.
Helping renew lives.

Break the silence Begin the healing.

After 11 years in a physically abusive relationship, Mary, with her two small children, fled from another state with nothing but the clothes on their backs.

"The violence was escalating to a point where I truly feared for my life," says Mary. "The beatings were becoming more severe and he continually threatened to kill me if I left him. At some point, I began to 'smell' death and knew I had to leave to save myself and my children."

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*One in three women in this country
will suffer some kind of violence at the
hands of her husband or boyfriend.*

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Few will tell anyone. All hope it won't happen again. Most often it does.

Victims of domestic violence can break free from the vicious cycle in which they live, but they must reach out for help. They must break the silence and begin the healing.

Catholic Charities Harbor House exists to help women break the cycle of family violence. By providing shelter, support and compassion, Harbor House works with women and their children to help them realize a life free from abuse and envision a future filled with promise and hope.

The shelter's mission is to provide a safe haven, counseling and education about domestic violence – its characteristics and how to escape it. While the shelter offers women and children a safe place to hide, it is the counseling and education that help the women understand how they can begin to end the cycle of violence.

Are you abused?

Does your partner.....

- "Track" all your time?
- Regularly accuse you of cheating?
- Isolate you from family and friends?
- Prevent you from working or attending school?
- Criticize you for little things?
- Get angry if you refuse sex?
- Get out of control when drinking or on drugs?
- Control the money and badger you to account for any that you spend?
- Embarrass you in public or private?
- Physically abuse you or your children?
- Intentionally destroy your belongings or things that you treasure?
- Threaten to use a weapon against you?
- Threaten to take the children?

Do you.....

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if only you changed something about yourself?
- Feel like no matter what you do, your partner is never happy with you?
- Stay with your partner because you are afraid of what your partner would do if you left?

If any of these things are happening in your relationship, talk to someone.

Without help, the abuse will continue.

Call for help.....

**(316)263-6000
or (866) 899-5522**

Shelter, Support, Compassion

Since 1992, Catholic Charities Harbor House has provided shelter, support and compassion to victims of family violence. The shelter is staffed 24 hours a day, seven days a week, with caring, trained people who meet the emotional and physical needs of women and children in crisis who call the shelter for assistance.

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*Preparing for an independent,
violence-free life.....*

Safe and Confidential Shelter

- Safety
- Security
- Private rooms for mothers with children
- Supportive, Christian atmosphere

Client Services

- 24-hour Hotline
- Connection to vital needs, including job training, medical care and day care
- Counseling, support groups and educational courses (i.e. parenting, budgeting classes)
- Children's Programs
- Case Management-Housing, job searches and training, support in court
- Basic Necessities - Toiletries and Clothing
- Transportation Assistance
- Court Advocacy
- Economic Advocacy

Outreach Services

- Individual Counseling
- Support Groups
- Court Advocacy
- Economic Advocacy

All services are provided
free to the client.